

2016 EAP Services Summary



TM Track Machines Employee Assistance Program

www.BestCareEAP.org

(800) 801-4182

Short Term Counseling

Your Best Care Employee Assistance Program (EAP) provides confidential counseling and referral services. This assistance is available for any kind of personal or job issue including, but not limited to: stress, relationships, family, work/life balance, addiction and recovery, grief and loss, personal wellness, parenting, depression and anxiety.

Eligibility

All employees can receive assistance and counseling through Best Care EAP. Your eligible dependents may also take advantage of Best Care EAP services.

Training and Wellness Resources

Best Care provides a comprehensive web site including numerous health and wellness resources and webinars. Your login is: USER: bcOTe PW: OT

Confidential

Your use of Best Care EAP counseling is completely confidential. Information cannot be shared with anyone without your written permission, unless otherwise required by law.

Cost Effective

Best Care EAP services are purchased by your employer, and are available to you at no cost. The program provides **five (5)** counseling sessions for you and your eligible dependent family members. Some situations may require the use of on-going or specialized support. In this case, your Best Care counselor will work with you to find the most appropriate and cost effective resource. Any fees related to using that resource then become your responsibility.

Convenient

Day, evening and weekend appointments are available to meet the needs of your busy schedule. Best Care counselors provide assistance over the phone, online via a secure website, and in-person at a convenient location near your worksite or home. Crisis and emergency services are available 24 hours a day, 7 days a week.

Contact Us

For information, assistance, or to schedule an appointment, call **402-354-8000** or **800-801-4182**. Email us at eap@bestcareEAP.org or visit www.BestCareEAP.org.

The above information is intended as a benefit summary only. It does not include all of the benefit provisions, limitations and exclusions. If this information conflicts in any way with the contract, the contract will prevail.



BEST CARE EAP

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